

Name of Activity:

Internet Nutrition

Purpose of Activity:

To use the internet to give students an idea of suggested recommendations for daily intake of calories and fat grams and to relate that to the calories and fat they take in a normal fast food meal.

Suggested Grade Level:

6-12

Materials Needed:

Handout, Computer with Internet connection for every 2 students

Description of Idea

Note: The following web sites located at Cyberdiet now require visitors to pay for a subscription to use the tools on their web site.

Students write down their preferred fast food restaurant (Use the [Nutrition Lab](#) as a guide, attached)) and the items they usually choose when they eat there. Next, with two students at each computer, the first website is given and students are informed how to enter the URL and how to arrive at the website.

Fast Food Quest: http://www.cyberdiet.com/ffq/index.html

After arriving at the Web site, each student selects the restaurant they have written down and then selects the food items they have listed. They record the total calories and fat grams for each food item from that restaurant. Students add up the total number of calories and fat grams that they consume at their typical meal at a fast food restaurant.

Once most students are done, they are given the second website:

Nutrition Profile: <http://www.cyberdiet.com/profile/profile.html>

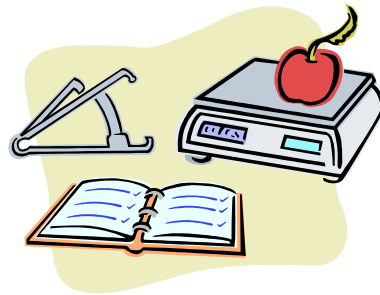
Here, students enter their basic body information including weight, height, and age. They will then be given a recommended number of calories and fat grams that

they should have per day. They record this data on their sheet.

Finally, they subtract their fast food calories and fat grams from the recommended calories and fat grams to find out how many calories and fat grams they have left to eat after eating just ONE fast food meal. Many students will find that they are close to or even exceed the recommended daily intake for calories and fat grams.

Assessment Ideas:

Students complete the handout and reflect on their findings through a short writing. Refer to [Nutrition Lab](#) worksheet to guide you through this part.



Nutrition Lab Worksheet

Note: The following web sites located at Cyberdiet now require visitors to pay for a subscription to use the tools on their web site.

Fast Food Quest: <http://www.cyberdiet.com/ffq/index.html>

Restaurant _____

Food Items:

_____ Calories: _____ Fat: _____ gms

_____ Calories: _____ Fat: _____ gms

_____ Calories: _____ Fat: _____ gms

_____ Calories: _____ Fat: _____ gms

_____ Calories: _____ Fat: _____ gms

_____ Calories: _____ Fat: _____ gms

TOTAL CALORIES: _____

TOTAL FAT: _____ gms

Personal Profile: <http://www.cyberdiet.com/dfi/cgi-bin/dfi.cgi>

Recommended Calories Per Day _____

Recommended Fat Per Day _____ gms

Recommended Calories (minus) - Calories consumed in a fast food meal = Total left for rest of day _____

Recommended Fat (minus) - Fat consumed in a fast food meal = Total left for rest of day _____ gms

(If your number of calories left after a fast food meal are more than 50% of your recommended calories per day, then please look at alternate food choices or alternate restaurants when eating out.)